

(Hemi-Sync® Journal, Vol. XIV, No. 4, Fall 1996)

1996 PROFESSIONAL SEMINAR OVERVIEW

A later than usual date for the 1996 Professional Seminar—July 27 to August 2—brought the blessing of unexpectedly mild temperatures. This was fortunate, since the creative juices of the group participating in *Hemi-Sync®: The Inner Information Highway* quickly came to a boil. The Seminar theme reflected the process of melding the inner and outer information highways in the service of individual and collective expansion.

Beverly Rubik, PhD, director of the nonprofit Institute for Frontier Science, developed this theme from a wide-ranging perspective in her keynote address, “Is Information the Key to the Human Healing System?” The week was launched by her overview of an emerging science of subtle effects in biology and medicine which shows life to have meaningful interactions with low-level electromagnetic fields and other soft stimuli which may profoundly affect biological regulation and healing. It is a very short intuitive leap to include Hemi-Sync in the category of such soft stimuli.

From this beginning, we proceeded to an examination of the spectrum of peak and other exceptional experiences during the *GATEWAY VOYAGE*, followed by a report on pilot research into Hemi-Sync effects on performance of a laboratory vigilance (attention) task and discussion of the experimental design. The first day concluded with an overview of the activities of the Center for the Study of Complementary and Alternative Therapies at the University of Virginia and a summary of collaborative projects under development with TMI, as well as preliminary data on the neural bases of binaural beat stimulation.

The orientation then shifted to application. Listeners discovered the power of *METAMUSIC®* as seen through the eyes of its creator, and those of a career educator and a speech/language pathologist who use it extensively. The chief of the endocrinology section at a Department of Veterans Affairs Medical Center held the audience spellbound with the story of her personal experience in Institute residential programs and PREP (Personal Resource Exploration Program) sessions—experiences which transformed the way she cares for patients. By this time everyone needed to engage the body as well as the mind. This need was met by an interactive workshop presentation for healing oneself, others, and the planet with Hemi-Sync.

Re-entering the challenging domain of the clinician/researcher, we heard encouraging results from incorporating Hemi-Sync into a substance abuse counseling program for Native Americans in Sitka, Alaska. As if Alaska were not a sufficiently exotic locale, the following presentation covered practical approaches for literally spreading Hemi-Sync “around the world.”

The two final, highly complementary presentations demonstrated how integrating subtle levels of awareness can make a qualitative difference in major rites of passage and our daily lives. “*OPENING THE WAY to New Life*” explored the fascinating connection between a birthing mother’s state of mind—really her “state of consciousness”—and favorable birth outcomes. A cornucopia of stories from the front lines of family therapy affirmed the Hemi-Sync advantage in dealing with painful, persistent relationship melodramas.

Feature Presentations were interspersed with a variety of engaging Open Forum sessions. An introduction to the concept of temenos (sacred space), to the process of its creation, and a description of the optimum temenos environment culminated in the construction of a labyrinth. The intricate, inward-spiraling design was outlined in native stones. It remained in place throughout the week and became a popular locus for group and individual activities. Immersion in the sounds of the *digeridoo*, a traditional Australian aboriginal instrument, was a revelation. The sonorous tones bore a striking resemblance to the familiar reverberation of binaural beats! From the ancient *digeridoo* we segued to the story of carrying the Hemi-Sync technology into the old-world atmosphere of Slovakia. Concluding sessions juxtaposed a proposal to formally investigate the cultural impact of TMI program attendance and a mesmerizing account of how one program participant’s experience mandated a total revision of his self- perceptions.

President Laurie A. Monroe led interested members in further defining TMI’s vision and mission in specific relation to the Professional Division. Some found it valuable to schedule PREP sessions during the week. The last day was devoted to a generous helping of tape exercises from the new *HEARTLINE* program, a delicious evening meal prepared by the dedicated Center staff, and a rollicking romp to the music of *The Naturals*. This year’s conference blended the newest and the oldest in a harmonious counterpoint which preserved and enhanced the best of both.

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